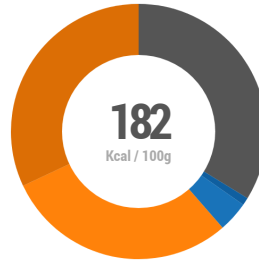


Roast British leg of lamb, carrots, peas and bacon, duck fat roast potatoes and creamed leek gratin

OVERVIEW ...



CALORIES:

4.8% Carbs

33.8% Protein

61.4% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



WHEAT



MILK



SULPHITES

MAY CONTAIN:



EGGS



CELERY



MUSTARD



SOYA

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

71542 British Red Tractor Lamb Leg..

LAMB

BRAKES **1kg**

1x Each

unchanged

113877 Rosemary..

ROSEMARY

BRAKES **5g**

0.05x Each

N/A

10439 Fresh Garlic..

GARLIC FRESH DIRECT

BRAKES **5g**

0.04x Each

unchanged

450693 Carrots CLASS II..

CARROTS CLASS II FRESH DIRECT

BRAKES **50g**

unchanged

4753 Sysco Classic Choice Garden Peas..

CHOICE GARDEN PEAS

BRAKES **30g**

unchanged

116163 Pancetta Smoked Diced..

PANCETTA SMOKED DICED

BRAKES **15g**

unchanged

113881 Herb Bunched Flat Leaf Parsley..

PARSLEY FRESH DIRECT

BRAKES **2g**

0.02x Each

N/A

123019 Duck Duck Fat Roast Potatoes.. DUCK FAT ROAST POTATOES	BRAKES	50g		unchanged
10288 Leeks.. LEEKs FRESH DIRECT	BRAKES	50g		unchanged
70215 Wholesome Farms Fresh Double Cream.. CREAM	BRAKES	20ml		unchanged
33853 Brakes Breadcrumbs Uncoloured.. BREADCRUMBS UNCOLOURED	BRAKES	10g		unchanged
12718 Brakes Salted Butter.. BUTTER	BRAKES	25g	0.1x Each	unchanged
151502 Knorr Garde D'or Red Wine Sauce.. - BRAKES 151502 RED WINE SAUCE	BRAKES	30g	0.29 x Each	unchanged

PRODUCTS / PACK SIZES ...

1 Serving



🕒 1.29kg / 2363kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

- Pierce the lamb and stud with garlic and rosemary
- Peel and slice carrots - blanch
- Defrost the peas
- Dice & wash the leek
- Chop the parsley
- Slice the garlic
- Slice the onions

Method:

1. Season the lamb and seal the meat on all sides in a hot pan with some oil - then transfer to an oven at 180oC for 1hr 45 mins, remove from the oven, cover and allow to rest for at least 20mins
2. On a papered tray cook the roast potatoes in the oven for 25mins until crisp & golden.
3. In a pan over a medium heat melt 15g of the butter and quickly fry the leeks, and half of the garlic and pancetta until soft and slightly caramelised add the cream and gently simmer and thicken slightly, add the parsley then spoon into a suitable oven proof dish.
4. Melt the remaining butter in a pan then add the breadcrumbs and fry quickly until golden, spoon onto the leek gratin and cook in the oven 2-3mins until golden.
5. In a pan fry the remaining pancetta, and onion together in the butter - add in the peas and carrots.
6. Warm and softly fry the remaining garlic and rosemary in a pan - deglaze the sauce over the top and bring to a boil - pass

7. Slice the lamb and serve with the roast potatoes, peas & carrots, leek gratin and the gravy